

PUBLISHED BY THE MOUNTAIN BREEZE STAFF

Town reminder to clean your house chimneys

Chimney fires

The MFD responds to several chimney fires each year. This is usually due to a dirty chimney with a creosote buildup inside the walls of the chimney. Wood and pellet fuel burning stoves and fireplaces are more apt to dirty a chimney quicker than a properly operating gas and oil fuel burning appliance. The creosote buildup can burn inside the chimney causing enough heat to break thru the chimney wall and allow heat/fire to spread to the outside of the chimney.

The Town recently lost two homes due to wood burning heating stoves.

The MFD requests you have your stoves and chimneys (all types), inspected and cleaned annually by a



154 Main Road
Montgomery, MA

Office: (413) 862-4505
Fax: (413) 862-4505
wsservice@nutmegtrucks.com

professional chimney cleaning service. You should also clean your stove weekly and chimney each month during the heating season.

Honoring Chief Fry

Several members of the MFD accompanied by the Frye Family and friends will be traveling to Emmitsburg Maryland Oct 6th to attend the Fallen Firefighter Memorial Service at the National Firefighter Memorial Park. Safe travels to all. We all are still holding the Fries in our thoughts and prayers.

Special Town Meeting on October 22 to vote on new bylaw

The Planning Board of Montgomery is putting forward a new zoning bylaw regarding licensing of marijuana related businesses. The new bylaw would prohibit all commercial establishments in the Town of Montgomery, such as cultivation/farming, processing, testing and retail facilities. This new bylaw will not limit any personal recreational marijuana growth or use in accordance with current State Laws. A vote of "yes" on this new bylaw will not infringe on personal use or growth, but will prohibit all commercial enterprises within the Town of Montgomery.

There will be a Special Town Meeting on Monday October 22nd at 7:30 pm to vote on the new bylaw. Since our Town voted in favor of legalizing the use of recreational marijuana in 2016 (268 yes, 232 no), we must also pose the same question to the Townspeople at the upcoming election in November. Both the Special Town Meeting vote and the ballot question must pass for adoption of the new bylaw.

Any questions you may have will be answered at the Special Town Meeting on October 22nd. We hope to see you there.

“My favorite color is October.”

Author Unknown

BULK drop-off
SATURDAY,
OCTOBER 6, 2017
8:00 am to 1:00 pm
See inside page 7.



Every year on September 11, the state of Massachusetts conducts a ceremony to honor fallen firefighters at the state's memorial site in Boston. This year, they remembered and honored Montgomery's Fire Chief Steve Fry for his service and loss to the town fire department and his family. Eleven members of the Fire Department along with Steve's family and relatives attended the service. Shown above are members who are ready to board a charter bus that took them to the service in Boston.

Important numbers

FIRE EMERGENCY 911
 AMBULANCE 911
 STATE POLICE 911
 HIGHWAY DEPARTMENT 862-4037

GATEWAY HIGH SCHOOL 685-1102
 GATEWAY MIDDLE SCHOOL 685-1202
 GMS ATTENDANCE 685-1201
 LITTLEVILLE ELEMENTARY 685-1301

TOWN HALL OFFICE 862-3386
 townhall@montgomeryma.gov
 Administrative Secretary Hours, Tuesdays
 & Thursdays from 10 a.m. to 4 p.m.

FIRE DEPT: 862-4505
 DEPUTY FIRE CHIEF - CHRIS GALIPEAU
 862-4599

TOWN CLERK - JUDY MURPHY 862-4478

POLICE DEPT:
 ADMINISTRATIVE POLICE CHIEF -
 PAULA CHAPMAN 862-4949

TAX COLLECTOR - JANE THIELEN 862-3386

ANIMAL CONTROL OFFICER -
 PHIL CAMP 862-4976

SELECT BOARD:
 DAN JACQUES 862-9001
 MIKE MORRISSEY 862-3386
 JACOB CHAPMAN 862-4949
 Meetings for the Select Board are held at
 7:00 p.m. every other Thursday.

SCHOOL COMMITTEE:
 MADELYN AUSTIN 862-4004
 mrrrr@verizon.net

LIBRARY:
 LIBRARIAN - PAULA LONG 862-3894
 montgomerylibrary@yahoo.com

HOURS: Tuesday 10:00 a.m.-5:30 p.m.
 Thursday 4:00 p.m.-8:00 p.m.
 Saturday 9:30 a.m.-12:30 p.m.

BOARD OF ASSESSORS:
 Meetings of the Board of Assessors are held
 on the 1st & 3rd Wednesday of each month
 from 8:00 p.m.-9:30 p.m. Please call 862-3386
 for an appointment. Assessors' Clerk
 hours 1st & 3rd Wednesdays of each month
 from Noon - 4 p.m.

State Senator Don Humason:
 64 Noble St., Westfield, MA 01085
 (413) 568-1366
 Donald.Humason@masenate.gov

State Representative Peter V. Kocot:
 Rep.PeterKocot@hou.state.ma.us
 (413) 582-6111

October Calendar

Oct. 2 Recycling day
 Oct. 3 6:30 pm - Yoga - Town Hall
 Oct. 4 7:00 pm - Selectboard Meeting - Town Hall
 Oct. 5 9:30-11:00 am - Osteoporosis Exercise - Town Hall
 Oct. 9 10:00 am - Flu Clinic - Town Hall
 Oct. 9 10:00 am - COA Coffee Hour - Town Hall
 Oct. 10 6:30 pm - Yoga - Town Hall
 Oct. 10 7:30 pm - GRSD School Committee Meeting - GRSD
 Middle School Rm 112/114
 Oct. 12 9:30-11:00 am - Osteoporosis Exercise - Town Hall
 Oct. 16 Recycling day
 Oct. 17 6:30 pm - Yoga - Town Hall
 Oct. 18 7:00 pm - Selectboard Meeting - Town Hall
 Oct. 19 9:30-11:00 am - Osteoporosis Exercise - Town Hall
 Oct. 20 6:30 pm - Historical Society Chicken Pie Supper - Town
 Hall
 Oct. 22 7:30 pm - Special Town Meeting - Town Hall
 Oct. 23 10:00 am - COA Coffee Hour - Town Hall
 Oct. 24 6:30 pm - Yoga - Town Hall
 Oct. 24 7:00 pm - GRSD School Committee Meeting - GRSD
 Middle School Rm 112/114
 Oct. 26 9:30-11:00 am - Osteoporosis Exercise - Town Hall
 Oct. 30 Recycling day
 Oct. 31 6:30 pm - Yoga - Town Hall

Paula L. Chapman

Administrative Chief of Police for the Town of Montgomery
OFFICE HOURS: 6:30 pm to 7:45 pm

October 11, 2018

October 25, 2018

November 8, 2018

November 29, 2018

December 13, 2018

December 27, 2018

MOUNTAIN BREEZE AD POLICY

Montgomery resident ads: \$3.50 for ¼ page, \$7.00 for ½ page, \$10.50 for ¾ page and \$14.00 for a full page.

Non-resident ads: \$5.00 for ¼ page, \$10.00 for ½ page, \$15.00 for ¾ page and \$20.00 for a full page.

Political ads: \$15.00 for ½ page and \$30.00 for a full page. (Political ads must include the name of the payer.)

Ads: email (preferably pdf file) to montgomerymtbreeze@gmail.com, put in the MB box at the Library, or mail to: **Montgomery Mountain Breeze, c/o Grace Hall Memorial Library, 161 Main Road, Montgomery, MA 01085-9525.** Include your name and phone number. Payment must be received by deadline date (usually on the 16th of the month) or ad will not be run. No cash, please; make check payable to Montgomery Mountain Breeze and put in the MB box at the Library, or mail to above address.

MOUNTAIN BREEZE STAFF

Editor: T.Lak 413-237-2818

Helen Allyn * Chris Brown * Laurie Flechsig *

Paula Long * Julie Pike * Jane Thielen

montgomerymtbreeze@gmail.com



NEWS EVENTS

AT THE MONTGOMERY MARKETPLACE

The Grille is *the place* to meet your neighbors!

SATURDAY, OCT. 6, 2018
8 am - 4 pm

- **Town wide tag sale in Montgomery**
- **Montgomery Fire Dept. fund raising tag sale**

Items can be left at the Marketplace Friday and Saturday morning. All leftover items will either be given away, put in the bulk pick up or donated to the Salvation Army.

Please call: Karan @ 413-579-4896 or
Scott @ 413-862-3663 for more info.

★★★★ NO taxation without representation!!! ★★★★★

The new Montgomery flat tax has been built into the price of our fresh, hot coffee and breakfast sandwiches.

HOT COFFEE
Still \$1 dollar!

BREAKFAST SANDWICH
Still three bucks, out the door!

Hours:
Wednesday, Thursday, Friday:
5:30 am to 2:30 pm

Saturday and Sunday:
6:00 am to 2:30 pm
Lunch starts 11:00 am

Get out and vote!!!
Don't forget to vote for mayor
the second Tuesday of the
first week of November
Good Luck!

46 Main Rd, Montgomery, MA • 862- (FOOD) 3663 Closed Mondays & Tuesdays

MONTGOMERY COMMUNITY



Sat Oct 6

8 - 4

*Rain date Oct 13
Call 862-3663 on Oct 6
to confirm rain date
called*

Multiple *Outside* Locations

- ❶ Montgomery Market Place (10'x10' sites)
- ❷ Little Red School House (10'x10' & 20'x20' sites)
- ❸ Town Center (10'x10' & 20'x20' sites)

Plus Various residences

Contact Karan at 579-4896

- To have your home address listed
- To reserve space at one of the outside locations
- For additional information



Crafters Welcome! Sites are Free!

Free Parking! Free Admission!

OCTOBER BIRTHDAYS

Bill Aras
Kendra Berndt
Ronald Brewster
Joanne Bush Weir
Cassidy Cinelli
Andrew Ellis
Jakob Fernengel

Carolyn Fuller
Joshua Galipeau
Henry Lafleur
Nathan Labay
Barbara Lee
Tim Lord
James Lutat
Chris Mann
Linda Morse

Carol Nummy
Emily Osdan
Scott Osden
Montana Paradis
Julie Pike
Eunice Pomeroy
Dean Spencer
Jean Wall
Renee Whitaker

OCTOBER ANNIVERSARIES

Jean & Bill Aras
Sheri & John Bucko
Laurie & Dan
Flechsig

For Sale

Soft grey Lazy Boy
Lounger, 6 months old,
originally \$700.00, Now
asking \$200.00.

Call 862-4010, after 5 pm
for appointment to see.

Condolences

Shawn Stenico and family on the loss of his father Charles of Westfield on
September 8.

A Call out to Hilltown Community Ambulance Association and Montgomery First Responders KUDOS!

After Tuesday's three hour gardening 'pick-up', I very unexpectedly had an emergency 911 to stop a 'bleeding out-to-the-bone' laceration, caused by tripping over tomato stakes.

Within minutes, faithful dedicated 'angels' were meeting my need to be rushed to hospital care. Their precise training and care giving skills for my urgent physical and emotional well-being made that trip a security trust assurance of what responsible training means to a patient in great need.

Furthermore, the grace that comes from giving, was met with a card two days later that wished me as quick recovery to 'get me back into the garden ASAP'.

Such loving care needs our support for the comrade-re of dedicated men and women that are going beyond the training care. I thank you all, for your unconditional giving, and will let you know when I'm ready and well enough to put in the winter onion sets.

God bless you all,
Bertine

Fire Chief Steven Fry memorial and scholarship fund

On December 5, 2017 the small town of Montgomery, Massachusetts suffered a huge loss when our Fire Chief, Stephen P. Frye, answered his last call, passing away fighting a house fire in town. Steve was more than just the Fire Chief. He was a friend, mentor and coach to every member of the fire department and many other people in town. The Montgomery Fire Department and town of 776 people would like to raise \$25,000 to erect a memorial to



honor Chief Frye and establish a scholarship in his name that will be awarded to a graduating senior from town who has exhibited the same spirit of volunteerism and love for our community that Chief Frye had. If you would like to help us honor our hero and preserve his memory, we would appreciate any donation you are willing to make. Please look for the Fire Chief Stephen P. Frye Memorial fund at <https://www.gofundme.com/donate-online/> which will be launched shortly. Thank you.



Outside the bird feeder with Lori Conley

BOBCATS

A beautiful Bobcat was recently spotted in the Southampton Road area.

The most common wildcat in North America, the bobcat is named for its short, bobbed tail. They are medium sized cats related to their cousin the lynx.

Coat color varies in shades of beige to brown fur with spotted or lined markings in dark brown or black.

They mainly hunt rabbits and hares but are also known to eat rodents, birds, bats, carrion and even adult deer, which they usually consume during the winter months as well as lambs, poultry and young pigs if a farm is near. Bobcats are excellent hunters, stalking prey with stealth and patience, then capturing their meals with one great leap. Usually solitary and territorial, females never share territory with each other. Male territories however tend to overlap. Areas are established with scent markings and territory sizes generally range from 25-30 square miles for males and about 5 square miles for females.

Each bobcat may have several dens - one main den and several auxiliary dens. The main den is usually a cave or rock shelter, but can be a hollow log, fallen tree, or another protected place (called a natal den). Auxiliary dens are lo-

cated in less-visited portions of the home range - brush piles, rock ledges or stumps, they are called shelter dens.

Mating season is late winter, but throughout the year is possible also. They give birth within 50-70 days usually in early spring, with litter size of 1-6 kittens. They begin to eat solid food at 2 months, learn to hunt at 5 months and are evicted from the mother's territory at 8-11 months.

Bobcats were once found throughout North America but populations were decimated in the 1900's due to increased fur value. International law began to protect them in the 1970's and populations have since rebounded. They are still hunted and trapped for fur throughout most of their range and ever-expanding human population limit their range.

Bobcat footprints will not have toenail marks, as coyotes' and dogs' do. The rear heel pad of bobcat prints are typically in an 'm shape'. Although most bobcats tend to avoid humans and are rarely sighted, they can prey on UN-ATTENDED small pets. Do not leave pet food outside. Make loud noises to chase away. They typically can live near humans without incident but use common sense to avoid a pet being attacked. They can move FAST if threatened, cornered or have kittens nearby.

SAFELY ENJOY THE NATURE YOU OBSERVE!

Gardening tips for the month of October

Oct. is the month to:

- It is garlic planting time. Softneck garlic produces more cloves, stores longer and is easier to braid. Hardneck garlic produces larger cloves, an edible scape and is considered hardier.

GardenNews
by Chris Brown



- Use straw not hay to mulch garlic and strawberries. Hay should not be used for mulching. It is typically full of weed seed.
- At the end of the month, clean and put away hummingbird feeders.
- Remove plant debris from the vegetable garden, as it may harbor disease and insect pests

EVERYDAY BASIL VINAIGRETTE by Chris Brown

Recipe for Oct. 2018 This herb recipe has a good use for the basil that we are growing in our garden or on our windowsills.

| | |
|--------------------------------|------------------------------------|
| 3 Tbsp. apple cider vinegar | ¼ cup basil leaves, tightly packed |
| 6 Tbsp. extra virgin olive oil | 2 Tbsp. water |
| 2 tsp. Dijon mustard | 2 cloves garlic, minced |
| 2 Tbsp. honey | |

Combine all ingredients in a blender and blend until completely smooth and emulsified, about 1 minute. Store in a sealed container in the refrigerator for at least 1 hour to allow the flavors to develop & shake well before serving. Keep for 1 week when chilled.

OCTOBER RECIPES



Weekly/ Biweekly
Curb-Side Residential Pick-up
Area's Best Prices
Free Wheeled
Trash Cart

P.O. Box 1903
Westfield, MA 01086

Celebrating 28 years In Business

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Permanent Dumpsters

413-562-1973

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NEW CUSTOMER INTRODUCTORY OFFER
8 WEEKS FREE SERVICE
Residential and Business Curbside and Dumpster Service
Get Your Best Price and Call Us Last
LOWEST RATES GUARANTEED!!!

Annual Chicken Pie Supper starts off the Fall season

Fall is in the air, and that means your Montgomery Historical Society is presenting the annual **Chicken Pie Supper** – to be held **Saturday, October 20 starting at 6:30 p.m. in the Town Hall** at Montgomery Center. You can't beat the price for this delicious home-style meal – just \$10.00 per adult and only \$5.00 for youngsters aged 10 and under! Please make your reservations early by **calling Laurie at 862-8095 or Julie at 862-4539**, since this event is often a sell-out and we don't want to disappoint anyone! **Deadline: Tuesday, October 16.**

The dinner includes Chicken Pie, of course, plus mashed potatoes, gravy, vegetables in season, cranberry sauce, beverages, and homemade apple crisp. Before and during the dinner, we will have copies of two Montgomery historical books available for purchase, and we'll be selling

Historical Happenings



tickets for our customary 50/25/25 raffle, which prize will be drawn at the end of the dinner prior to the guest speaker.

We are fortunate to bring back the noted historian from Westfield, Dr. Robert Brown, Emeritus Professor of History at Westfield State University, who is

contributing to the historical research for Westfield's upcoming 350th anniversary celebration in 2019. His topic for this evening will be "Westfield Looks at Its Past." A major source of archival material about Westfield's history is housed at the Westfield Athenaeum, where he is a dedicated volunteer. Through his research, Dr. Brown has found that, because Montgomery was originally a part of Westfield, the 200th anniversary celebrated in 1869 included participants representing Montgomery! Plans for the 2019 anniversary are already generating excitement among residents throughout this area.

Have you visited your home-town library lately? The Grace Hall Memorial Library at the Town Center is the location of a display case where local townspeople and friends of your Montgomery Historical Society have, over the years, loaned materials to exhibit for your enjoyment. If you, too, have items or collections that you'd like to share in this case for the enjoyment of others, please contact Laura at 862-8095 to make arrangements.

In the meantime, the current exhibit "A Visit to the Orient" will remain until about the end of the month, when it will be replaced by another collection from one of our Historical Society members. Hope you'll have the chance to check out both displays!

Recycling News – Last Call! Bulk drop-off requirements

**SATURDAY, OCTOBER 6, 2017
8:00 AM TO 1:00 PM**

**MONTGOMERY TOWN CENTER
BEHIND HISTORICAL BUILDING
AND CHURCH**

Available to Montgomery town residents – proof of residency, such as a license, may be requested. No trailer loads, please. Each household is allowed to bring up to five items – space permitting. (A few small items may equal one item.)

Lists of restricted and banned items are attached. Please refer to this list before bringing items to the drop – off.

This is a volunteer effort. If you appreciate this service, please come to help for an hour or two. The organizers cannot carry the items into the dumpsters and are always looking for help. If you would like to help, or have any questions, please call **Kate Griffen @ 862-0296 or Chris Brown @ 862-4591**. Thank you for your cooperation.

***** Please Note – Appliances
WITHOUT freon are ALLOWED *****

RESTRICTED ITEMS NOT TO BE PLACED IN YOUR CONTAINER

In order to ensure compliance with State and Federal Environmental Regulations, we are not permitted to accept the following items. Under no circumstances should they be placed in a container as trash.

- **TIRES OF ANY KIND**
- **MATTRESSES/BOX SPRINGS**
- **COMPUTERS/MONITORS OR TELEVISION SETS**
- **ITEMS WHICH CONTAIN FREON (refrigerators, freezers, A/C, dehumidifiers)**
- **NO YARD WASTE**
- **NO APPLIANCES OF ANY KIND**
- **NO LIQUID OF ANY KIND**
- **NO HAZARDOUS WASTE**
- **NO ASBESTOS MATERIALS**
- **NO BATTERIES**

These items are banned and cannot be disposed of as general trash. If they are found to be in the container, a handling fee will be charged to remove and properly dispose of the item(s). The fee varies according to the item is set by the disposal site.

*Should you have any questions on how to properly dispose of any waste, please contact our office @ (413) 557-6700.
Thank You.*



Library News

facebook.com/
gracehallmemorial

**October
2018**

October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book. ~John Snor



Book & Bake Sale

Oct. 6 , 9-2 pm at the Little Red
School House

This annual event will need some extra hands and bake goods. If you are interested please sign up at the library or email us.

Bake goods can be brought to the School house on the morning of the sale, book donations collection will start on Sept. 15 till Oct. 2. Please no text books, Readers Digest, Encyclopedias or damaged items. If possible please have items in a box.

NEW At the LibraryPlus many more!

"Leadership in Turbulent times" by Doris K. Goodwin

"Vox" by Christina Dalcher

"Fear" by Bob Woodward

"Depth of winter" By Craig Johnson

"Lies" by T.M. Logan

"Consumed" by J. R. Ward

"An Easy Death" by Charlaine Harris

"Liars, Leakers and Liberals" by Judge Jeannie Pirro

"Texas Range" by James Patterson

"A forgotten place" by Charles Todd

"9 from the Nine Worlds" by Rich Riordan

"Whiskey in a teacup" by Reese Witherspoon

**Trustees Meeting
Oct . 2 at 4 pm**

Museum Passes

***Old Sturbridge Village*
Springfield Quad**

Norman Rockwell

Mystic Aquarium

Deerfield Historical Mu-

USS Constitution

DCR State Park Pass

MassMoCa

Hours

Tues: 10- 5:30

Thurs: 4-8

Sat: 9:30-12:30

Contact

Mail

161 Main Road, Montgomery,
MA 01085

Phone

413-862-3894

email

Montgomerylibrary
@yahoo.com

Website

montgomeryma.gov

wghl.masscat.org

facebook.com/
gracehallmemorial

commonwealthcatalog.org

COUNCIL ON AGING

Serving the Citizens of Montgomery
October 2018

Calendar

**Tue – Oct 9 Coffee Hour – 10 a.m.
Flu Clinic – 10 to noon**

Tue – Oct 23 Coffee Hour – 10 a.m.

Osteoporosis Exercise Class
Town Hall – Friday – 9:30 – 11am

Birthdays

| | |
|---------------|-----------------|
| Barbara Lee | Linda Morse |
| Henry Lafleur | Carol Nummy |
| Eva Poudrier | Ronald Brewster |
| James Lutat | Julie Pike |
| Kendra Berndt | |

Important Notice Received From the Executive Office of Elder Affairs

Please know that several consumers received postcards in the mail labeled “**Important 2018 Medicare Benefits Notice**” and are tempted to respond when they are cautioned about a penalty.

Medicare (CMS) staff researched this company and it is not contracted with Medicare, so they (CMS) cannot currently prevent them from sending out marketing materials.

CMS recommends that people do not complete and return this postcard, but instead call a SHINE counselor to discuss Medicare and their unbiased, comprehensive health insurance options.

For more information, please contact your local SHINE counselor at 667-2203.

Zodiac Sign - Libra/Scorpio

Flower – Marigold

Birthstone - Opal

Flu Clinic

On Tuesday, **October 9th** we will be holding a flu clinic at the Town Hall, from 10 a.m. till noon.

Walgreens Pharmacy will be conducting the clinic and it will be open to all residents. All they require is that you bring your Medicare and other insurance cards. A consent form (Vaccine Administration Record -VAR) can be obtained at the Town Office and may be completed prior to the clinic date.

Look for notices posted in the senior room, town office and library.

- The cold and flu season is underway, so clean your hands often with hand sanitizer or soap and warm water.
- Avoid touching your eyes, nose or mouth.
- Sneeze or cough into your sleeve if you don't have a tissue.
- If you're sick, stay home
- Ask your doctor about getting a flu shot to help you weather the season in good health.

Medicare's Open Enrollment Period October 15 – December 7

This is the time of year when everyone with Medicare can join or change their health and prescription drug plan for 2019.

This is an important opportunity to make sure you're getting the most from your Medicare benefits. Every year, Medicare plans change, and so do your needs. It's worth the time to shop around to see if your coverage is still the best for your situation.



National Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.

We can use this opportunity to spread the word about steps women can take to detect breast cancer early.

- Women ages 40 to 49 should talk with their doctors about when to start getting mammograms.
- Women ages 50 to 74 should get a mammogram every 2 years.

National Mammography Day

The third Friday in October each year is National Mammography Day. On this day, and throughout the month, women are encouraged to make a mammography appointment. In 2018, National Mammography Day is celebrated on **October 19**.

Since its inception, National Breast Cancer Awareness Month has been at the forefront of promoting awareness of breast cancer issues and has evolved along with the national dialogue on breast cancer. Today, National Breast Cancer Awareness Month recognizes that although many great strides have been made in breast cancer awareness and treatment, much still needs to be accomplished. National Breast Cancer Awareness Month remains dedicated to educating and empowering women to take charge of their own breast health by practicing regular self-breast exams to identify any changes, scheduling regular visits and annual mammograms with their healthcare provider, adhering to prescribed treatment and knowing the facts about recurrence.

This newsletter is partially funded by a grant of the Executive Office of Elder Affairs

Outreach Worker: Ginger Cruickshank 862-4932

Council Members are: Anne-Marie Buikus 862-3257, Jane Thielen 862-4482, Sandy Haas 862-3829

Geraldine Larrabee 862-3884, Jean Bush 862-3645, Jeanne Aras 862-4497

Email: COA-Montgomeryma@hotmail.com